

## About the Workshops

Applied Theatre utilizes theatre games, storytelling exercises, and a variety of creative activities in nontraditional theatre settings, adapting them for a variety of purposes, including exploring self-expression, cultivating empathy and connection with others, and working towards social, cultural, or political change.

As part of her MFA Thesis Project this fall, Melissa Bergstrom is facilitating a series of three, free virtual workshops that use community-based [story circles](#), storytelling, writing prompts, and drama exercises to explore themes of connection, belonging, and empathy.

## Seeking Participants

Melissa Bergstrom is currently seeking six to eight participants, who are:

- Age 18 or older;
- Interested and available to attend all three virtual workshops (all dates / times below). The final workshop will include a sharing session at the end, during which participants will get the opportunity to share their stories for a small invited audience.

There is no cost to participate, and no theatre experience is necessary. All participants must sign a consent form.

## Workshop Dates

- Sunday, September 19th, 3:00 - 5:30 pm ET
- Sunday, September 26th, 3:00 - 5:30 pm ET
- Sunday, October 3rd, 3:00 - 6:30 pm ET (The last hour will be the informal sharing session for a small invited audience.)

## About Melissa Bergstrom

Melissa Bergstrom is a Boston, Massachusetts based actor, playwright, teaching artist, and current graduate student in the Master of Fine Arts (MFA) Theatre Education and Applied Theatre program at Emerson College.